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'TENSE UP AND ENJOY IT', SAY REEL GUYS

HANKS FILM FEATURES 'STOIC' HERO AND A VILLAIN WORTHY OF 'GERMAN EXPRESSIONIST CINEMA'

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One dead after fire at seniors home

Two others were taken to hospital in critical condition while 8 fire trucks, 30 firefighters battled blaze

PAGE 2

Well ... she DID walk these halls

Former Western University student — Alice Munro — wins Nobel Prize for Literature

PAGE 3

No Metro on Monday

Look for us again on Tuesday. Meanwhile, have a great long weekend and a great Thanksgiving — and try not to eat too much

NEWS WORTH SHARING.

Ginette Bishop cradles pictures of her daughter, Jocelyn, as the family talks to media on Thursday after the man who killed her was sentenced to prison. ANGELA MULLINS/METRO

Londoner gets 15 years min. for murder

Christopher Gale. Judge rejects jury recommendation of 10 years before killer can apply for parole

SCOTT TAYLOR
scott.taylor@metronews.ca

Christopher Gale will be behind bars for a minimum of 15 years for the 2010 murder of his common-law partner Jocelyn Bishop.

Superior Court Justice Andrew Goodman delivered the sentence Thursday in front of families of both the killer and the victim.

Goodman outright rejected a jury recommendation of 10 years before Gale can apply for parole. He described the recommendation as "totally unrealistic."

Gale was convicted of second-degree murder in July. The charge stipulates a prison sentence of 10 to 25 years before the offender can apply for release.

Gale shot Bishop with a homemade handgun and dragged her body into the back yard of their Fanshawe Park Road home. There, he dug a shallow grave and buried Bishop's body.

He didn't tell anyone she was dead until her body was discovered. Later, he insisted she committed suicide.

An earlier trial ended in a mistrial.

Goodman said Gale would have treated a departed pet with more dignity than he did the supposed love of his life, adding that Gale "took elaborate steps to cover up the crime."

He also chided Gale for refusing to take responsibility for the slaying and for never showing any remorse.

Gale displayed no emotion during the proceeding and was led away without saying a word.

Bishop's father, Don, didn't agree with a suggestion that the nightmare is finally over.

"Well, we'll see in 15 years," he said. "If he's being good, and he makes parole, then that's the judge's decision and that's something we have to go with.

"I'll never be satisfied, but if this is what it takes, this is what we get."

After the killing, Gale told Bishop's parents the reason they hadn't heard from her was because she had run away.

Her mother, Ginette, said she was pleased Goodman denounced Gale for that.

"I'm glad the judge said that about him. We love our daughter," she said. "As soon as (Gale) called us (to say she had run away), we were there.

"He thought we weren't going to come. He didn't think that anybody was going to look for her, but we love her."

Asked where she would go from here, now that the court case is over, Bishop said: "I don't know what to say about that. I can't say we're going to heal because he's in jail. It's helpful, but it hurts really bad losing a child like that. It really hurts."

The Bishops said they plan to become involved in campaigns to raise awareness about domestic abuse.

Quoted

"When his parole hearing comes up, I will be there. If I'm still alive, I will be there."

Don Bishop, Jocelyn Bishop's father

Investigators on the scene of a Thursday morning blaze at a seniors highrise on Walnut Street. A second-floor unit on the building's north side appeared to have seen the most damage. ANGELA MULLINS/METRO

1 dead after blaze in seniors home

Cause unknown. Two people in critical condition, three firefighters injured in Thursday morning fire

SCOTT TAYLOR
scott.taylor@metronews.ca

One person died and two others were taken to hospital in critical condition after a fatal Thursday morning fire at a seniors highrise.

The cause of the blaze, which fire officials said started at about 3 a.m. on the second floor, has not been determined.

At the height of the fire, eight trucks and 30 firefighters were on the scene. Three of those firefighters were injured as they tried to help residents down the smoke-filled stairwell.

The city is offering temporary quarters for people displaced by the fire. Accommodations will be made available until everyone can move safely back into their apartments, officials said. The 15-storey complex at 85 Walnut St. is run by the London-Middlesex Housing Corp.

Mike Demare, who lives in one of the building's 232 apartments, said he went to his 14th-floor balcony after hearing sirens.

"No one else was out on their balconies yet, so I stayed out for a bit," he said. "Then I went to my front door and the smoke was getting thicker, so I went back on my balcony and closed the door behind me and waited for the firefighters to arrive."

John Rand said he put towels along the bottom of his fifth-floor apartment door to keep the smoke at bay.

"They told me it was the safest thing to do," he said.

Deputy Fire Chief Jim Jessop described the struggle to contain the fire as "immense" with heavy smoke bearing down.

Quoted

"I couldn't see the end of the hall. I went back inside and waited for (the firefighters) to come for me."

Al Merlin, resident of 85 Walnut St.

Arrest. Teen a suspect in string of sex assaults

London police have arrested a teen as part of an undercover investigation involving 10 sexual assaults.

The 17-year-old was taken into custody about 8:15 p.m. Wednesday after police said he inappropriately touched an undercover officer disguised as a jogger near Commissioners Road East and Western Counties Road.

The teen was riding a bicycle at the time, matching the description of incidents reported to police between Aug. 26 and Sept. 22.

Police are still trying to determine if the teen is linked to the other assaults. METRO

Raid. Charges laid after drugs, weapon found

Three London men are facing drug and weapon charges after a Wednesday night raid on Huron Street.

Inside the residence police found a loaded 22-calibre semi-automatic rifle, a large quantity of ammunition and 488 grams of marijuana worth $4,888.

Titus Quenneville-Gabriel, 22, 49-year-old Robert Quenneville and 38-year-old Sean McDougall each face five charges.

The rifle had been stolen during a break-in at a Middlesex County home, according to police.

METRO

A semi-automatic rifle and marijuana were found during a Huron Street raid Wednesday. CONTRIBUTED

Fire

Murder charge laid in Manitoba Street death

A 37-year-old London man has been charged with first-degree murder in the Sept. 16 death of Paul Curry.

Shane Alan Wood was originally arrested on charges of arson and break and enter after Curry was found dead in a burned-out home at 361 Mantitoba St. Police said the men knew each other.

Along with the murder charge, Wood also faces a count of committing an indignity to a human body. That charge, police said, "pertains to the circumstances surrounding the deliberately set fire." METRO

Ikea

Rumours of new store turn out to be rumours

Rumour is a funny thing, but sometimes it can lead to answers. Twitter was aflame Thursday with Londoners' hopes that retailer Ikea could be coming to London.

With PenEquity working on its big-box store development and Rona closing in Summerside, the rumour mill even picked out sites for London's Ikea.

But it's not to be. Metro contacted Ikea Canada and its national public relations manager, Madeleine Lowenborg-Frick, killed the rumour stone-dead.

"There are no plans for a store in London at this time," she said. "We are continually reviewing our expansion opportunities in Canada but right now our primary focus is on better serving our existing customers."

She added: "People forget this sometimes, but we only have 12 stores in Canada."

MIKE DONACHIE/METRO

London's links to the world's most celebrated literary award

Alice Munro. Nobel Prize for literature goes to former Western student

MIKE DONACHIE
mike.donachie@metronews.ca

London hasn't landed a Nobel Prize, but, as of Thursday, it has proud links to someone who has.

Canada's celebrating after its own Alice Munro, 82, won the Nobel Prize for literature, and nobody's celebrating louder than people at Western University.

The author, who is originally from Wingham, studied English at Western as an undergraduate in the early '50s, but left to get married before finishing her degree. Munro returned to the university in 1974-75 as its writer-in-residence.

Her big win marks the first Nobel Prize for literature given to a Canadian-based author.

"There's nothing bigger than the Nobel Prize for literature," said David Bentley, a Western University professor who's been studying Munro's work.

He spoke of a "coming of age" for Canadian literature, helping to dispel "the sense of an inferior colonial literature" as, rightly or wrongly, it was perceived.

"We can say that Canada has produced a consummate artist, judged against every standard as superb, supreme," Bentley added.

The professor, who's a specialist in Canadian literature, used to encounter Munro regularly during the early to mid-'60s when she and her husband ran a bookstore in Victoria.

"I used to go there all the time to buy books and she was running the cash register," Bentley said. "She was always very timid and very shy. Of course, nobody had any inclination whatever that she was going to have the career that she did."

Munro's career is long and impressive.

Her accolades include winning the Governor General's Award three times, including for Who Do You Think You Are?, a collection of short stories she worked on while serving as writer-in-residence at Western.

In 1976, she received an honorary degree from Western. It's the only honorary degree she's ever accepted.

Uncovered at Western

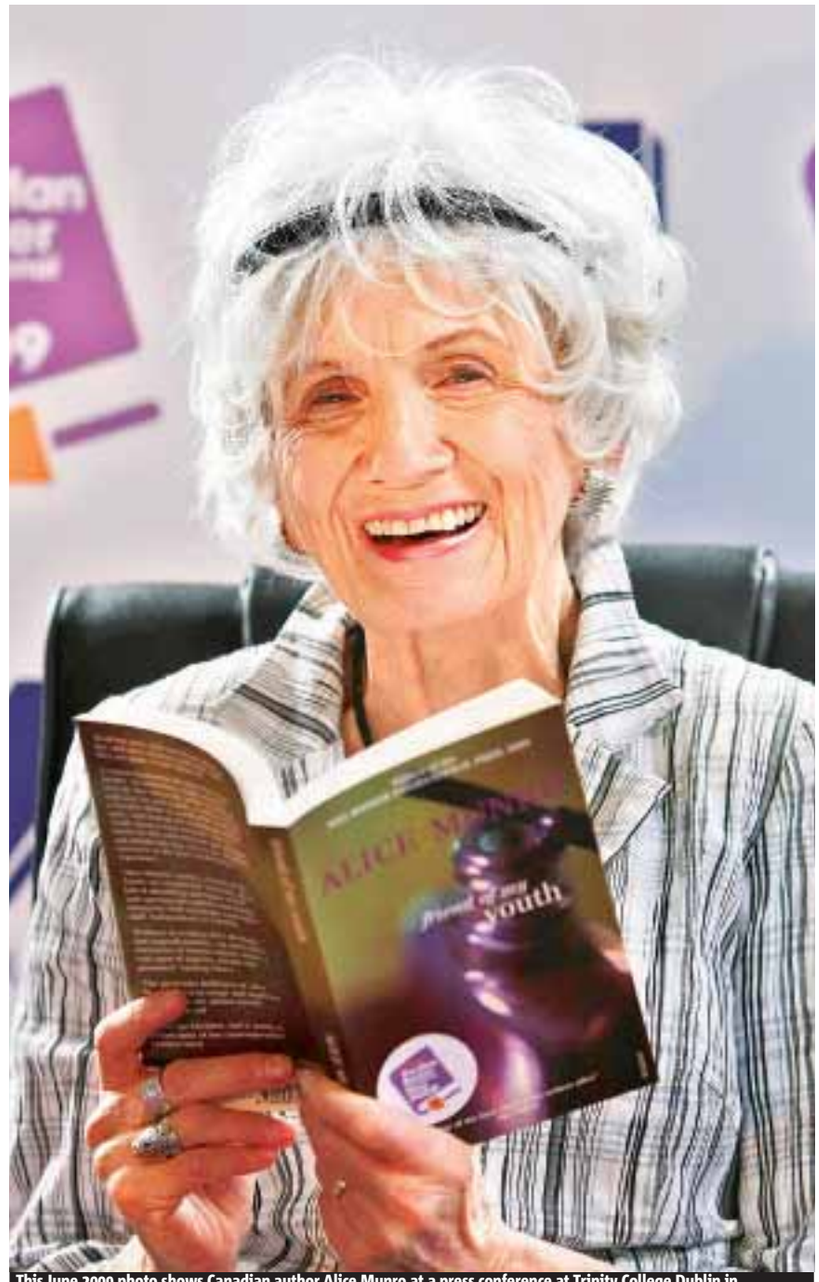
Professor David Bentley has found and studied three short stories written by Alice Munro while she was studying at Western.

- They were published in the undergraduate magazine Folio and are titled The Dimensions of a Shadow, Story for Sunday and The Widower.
- Bentley's essay on the early works will be presented at a symposium next year.

The write stuff

"The Nobel Prize is a confirmation of what her readers have long recognized — Alice Munro is an outstanding storyteller and an astute student of our common humanity."

Michael Milde, Western University's dean of arts and humanities



This June 2009 photo shows Canadian author Alice Munro at a press conference at Trinity College Dublin in Ireland. Munro won the 2013 Nobel Prize in literature on Thursday. PETER MORRISON/THE ASSOCIATED PRESS FILE

One-stop shop: A new space for St. Joe's outpatients

Cardiac rehabilitation patient Vanya Lang, left, and St. Joe's CEO Dr. Gillian Kernaghan at Thursday's ribbon-cutting ceremony at the hospital.
MIKE DONACHIE/METRO

There were inspirational stories from staff and patients Thursday as St. Joseph's Hospital marked an important occasion.

The London hospital has created a large space for ambulatory outpatient medicine clinics in Zone B, Level 3, which was affectionately referred to as "B3" by staff at a launch event.

"This is a fascinating time for St. Joseph's Hospital," said Dr. Gillian Kernaghan, president and CEO of St. Joseph's Health Care London.

"This month, on Oct. 15 as a matter of fact, St. Joseph's Hospital turns 125 years old."

As it looks to the next 125 years, the hospital is recreating itself, she said, to continue "to ensure timely, relevant and exceptional care" for its patients.

Part of that commitment was the changes to B3, made possible by the transfer of the perinatal program to London Health Sciences Centre two years ago.

Now, the 42,000-square-foot space combines a wide range of outpatient clinics designed to be what several speakers at Thursday's launch called "one-stop shopping" for care.

Its services can boast 36,400 patient visits per year, with patients ranging from infants to people in their 90s.

Patients and staff gave presentations telling their own stories, all applauding the effort to combine services in one place.

Cardiac rehabilitation patient Vanya Lang was among them, telling the audience about her rare heart condition. She said her varied rehabilitation needs are well-met at St. Joe's and the new B3 will make her treatment easier.

MIKE DONACHIE/METRO

At home in B3

Services in the new area include:

- Allergy and immunology
- Cardiac rehabilitation and secondary prevention
- Cardiac investigation
- Infectious diseases care
- Lung diseases program
- Pain management program
- Pulmonary function lab

Memorial to fallen homeless unveiled in Campbell park

Never forgotten.
Two-year effort culminates on World Homeless Action Day

MIKE DONACHIE
mike.donachie@metronews.ca

"Honouring and Remembering Lives Lost Through Homelessness in London," says the inscription.

The stone memorial has no names on it, but it's there to make sure nobody's forgotten.

A crowd gathered for a poignant ceremony Thursday in Campbell Memorial Park to see the memorial unveiled after two years of planning.

The effort, led by the London Homeless Coalition and its many supporters, fittingly, came to fruition on World Homeless Action Day.

Despite all the speeches by dignitaries, the most important moments were quiet ones as people took time to remember those they had lost. Some touched the stone and whispered names. Some just stood in silence.

"The memorial is to recognize those who died on the streets," said Abe Oudshoorn, chair of the London Homeless Coalition. "People are often not well-known, they're not well-remembered and they're not well-recognized. We wanted to provide them with a little bit of dignity at the end of their lives."

The stone was put there by people who are "not OK with the idea of dying unknown," he said. He expressed a hope that, one day, the memorial will be a place to remember the past and not serve as a reminder of new deaths.

The homeless coalition believes homelessness can be ended and everyone can have "adequate, safe and dignified" housing.

Quoted

"It is fitting that we pay tribute to those who have lost their lives to homelessness."
Mayor Joe Fontana

Abe Oudshoorn, left, and Mayor Joe Fontana unveil a memorial to people who have died while homeless. The monument was dedicated Thursday in Campbell Memorial Park. MIKE DONACHIE/METRO

Global campaign

City hosts series of events

The homeless of London were definitely in the spotlight Thursday.

The city had a series of events to mark World Homeless Action Day, starting with the unveiling of a monument to those who died while homeless.

Mayor Joe Fontana and London-Fanshawe MP Irene Mathyssen were at the Street Connection youth drop-in centre on Horton Street for lunch with some of the city's young homeless people. The special occasion included a free barbecue, with dozens of people coming and going throughout the day.

During the event, the centre's executive director Dave Shearer proudly pointed out the centre's mural of a phoenix rising from the ashes.

"We're about hope," said Shearer. "We're about new starts."

MIKE DONACHIE/METRO

Iran

Toronto man freed from death row back in Canada

The Department of Foreign Affairs says an Iranian-Canadian man who was on death row in Tehran has returned to Canada.

Hamid Ghassemi-Shall had been in an Iranian prison since he was arrested in 2008 and charged with espionage until he was freed last month.

Ghassemi-Shall, who emigrated from Iran after that country's 1979 revolution, was sentenced to death in 2009.

The Toronto shoe salesman had made several trips back to visit family without incident before his arrest in 2008. THE CANADIAN PRESS

Montreal

Police crack down on pipeline protest march

Police moved to block a few dozen protesters from marching in Montreal near the site of hearings for a pipeline project.

The protesters oppose the proposal by Enbridge to reverse the flow of a pipeline to send oilsands crude eastward. The plan is being examined at hearings this week in Montreal by the National Energy Board.

Montreal police declared the protest illegal. After tolerating the march for several blocks, they stepped in to stop it. Protesters were detained, shoved aside or penned up in a kettle.
THE CANADIAN PRESS

Yukon

Hunter bags huge moose – but is it the biggest?

A hunter may have bagged the biggest bull moose to ever wander the wilds of the Yukon.

Heinz Naef says he brought down an Alaska-Yukon bull moose with a preliminary antler measurement of about 177 centimetres long with an antler score of 262, which measures length, width and size of the antlers and the palms.

Officials from the U.S.-based ranking system Boone and Crockett will travel to Dawson City in a few weeks to officially measure the moose.
THE CANADIAN PRESS/CKRW

Big smile, big heart, big passion: Parents remember Jordan Boyd

A real Titan. 16-year-old hockey player, who died during a training camp, will be remembered through the lives he touched

RUTH DAVENPORT
Metro in Halifax

The Bathurst Titan's team photo of Jordan Boyd shows a resolute young man focusing a steely, deadpan gaze on the camera — but there's a crack in the tough-guy attitude: One corner of his mouth is quirking upwards, evidence of his normal beaming smile fighting to break through.

"I'm sure they told him to look tough, but he always had a smile on his face and that's what everybody remembers about him," said Boyd's father Stephen on Thursday.

It's been nearly two months since the 16-year-old Nova Scotian collapsed and died during an on-ice training camp session with the Quebec Major Junior Hockey League's Bathurst Titan.

His mother Debbie says it's been two months of "living hell," grieving for her "baby boy" whom she watched over at games and practices.

"He was my full-time job," said Debbie, often fighting to speak through tears.

The Bedford Minor Hockey Association has renamed the annual Oktoberfest hockey tournament in Boyd's honour, and his parents will be on hand for the opening ceremony Friday evening at the BMO Centre in Bedford, N.S.

Stephen said he wants people know who his son was: a good student considering a career in sports medicine, a devoted friend and boyfriend who loved mugging for the camera, a wakeboarding enthusiast and health nut who held his nose to chug coconut water but couldn't say no to a juicy steak.

Above all, he was a hockey zealot who was thrilled to have earned a place on the Titan.

"He picked up a hockey stick when he was two so that was always his passion," said Stephen. "Several teachers over the years have said, 'His stories are great, but can he write about something other than hockey?'"

Most telling about Boyd's character are the letters that poured in after his death from complete strangers, telling about his kindness. His parents say it's knowing their son touched so many people that gives them strength to attend public events in his honour.

"I never want my son forgotten," said Debbie. "If it helps keep his memory alive, then it's worth the pain."

Stephen Boyd holds a portrait of his son Jordan at his home in Bedford, N.S., on Thursday. Jordan died suddenly at a hockey training camp in August. JEFF HARPER/METRO IN HALIFAX

Assisted suicide. Despite setback in court, activists say they won't give up

The debate over doctor-assisted suicide seems destined once more for the Supreme Court of Canada after advocates suffered a setback Thursday in the provincial courts.

B.C. Civil Liberties Association litigation director Grace Pastine, centre, leaves the B.C. Court of Appeal with Hollis Johnson, left, and his wife Lee Carter Thursday. DARRYL DYCK/THE CANADIAN PRESS

B.C.'s Court of Appeal has reversed a lower court ruling that said Canada's assisted-suicide ban violated the charter rights of gravely ill Canadians.

B.C. Civil Liberties Association lawyer Grace Pastine stood with plaintiffs Lee Carter and Hollis Johnson — whose mother, Kay Carter, fought for the right to die in Canada before obtaining an assisted suicide in Switzerland in 2010 — outside the courthouse Thursday to announce they're not giving up despite the judgment.
MATT KIELTYKA/METRO IN VANCOUVER WITH FILES FROM THE CANADIAN PRESS

New Brunswick. Former politician given 18 years in child sex-abuse case

A former municipal politician and youth worker in Saint John, N.B., abused his position of trust to sexually abuse and make pornographic images of boys for 12 years, a provincial court judge said Thursday as he sentenced Donnie Snook to an 18-year prison term.

Snook, who pleaded guilty in May to 46 charges, including sexual assault and possessing, distributing and making child pornography, showed no emotion as he was led away in handcuffs.

His crimes, which began in January 2001 and went on until his arrest in January of this year, involved 17 boys, most of whom were from the Saint John area and between the ages of five and 15 at the time of the offences.

"It's important for the victims to know that it was not their fault," said provincial court Judge Alfred Brien, adding that many of Snook's victims declined counselling.

"Regretfully, not all of the victims have come to terms with their abuse."
THE CANADIAN PRESS

Egypt. Two Canadians held without charge cleared to leave country

Egypt's foreign ministry said Thursday a travel ban has been lifted for two Canadians who were barred from leaving Egypt following several weeks of imprisonment.

Badr Abdel-Atty, Egypt's foreign ministry spokesman, said the pair has been cleared to leave Egypt "within hours."

"The prosecutor general has informed us that they are free to leave the country after the accusations against them were dropped," Abdel-Atty said, adding that the prosecutor has ended the interrogation with the Canadians and has decided to cross their name out from the list of those banned from travelling.

He said instructions have been conveyed to ports and the interior ministry to remove their names from the list of people banned from leaving the country. THE ASSOCIATED PRESS WITH FILES FROM THE CANADIAN PRESS

Quoted

"We look forward to seeing these two Canadians return home shortly."

Adria Minsky, spokeswoman for Canada's junior foreign affairs minister

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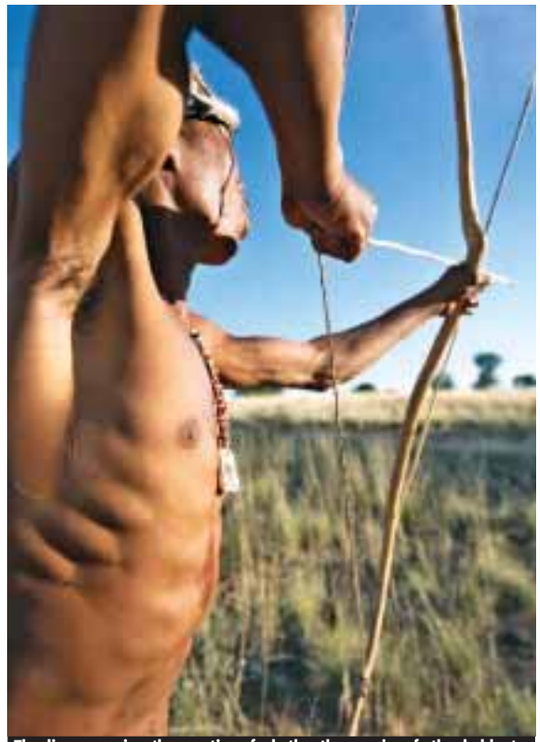
New discovery

Scientists analyzed bones from 29 individuals that were extracted from the Blaetterhoehle archeological site in western Germany.

- Blaetterhoehle is a long, skinny cave that holds the jumbled remains of humans that lived in the middle and end of the Stone Age, ranging from 9,000 to 3,000 years ago.
- The lab at UBC was able to analyze nitrogen, carbon, and sulfur isotopes in the teeth and other bones to determine what kind of diets were.
- Clearly, the two groups lived side by side, since they buried their dead in the same location. But the researchers have no idea what their interactions were.

Stone-Age news: Hunter-gatherers reject farm diet

Prehistoric eats. Some Stone-Age Europeans stuck to hunter-gatherer diets long after neighbours took up farming



The discovery raises the question of whether the remains of other holdout hunter-gatherer communities are waiting to be discovered by archaeologists, UBC researchers say. GETTY IMAGES/FILE

By breaking down bones dug out of a German cave, a cutting-edge Canadian laboratory has made the puzzling discovery that some Stone Age Europeans stuck to a hunter-gatherer diet 2,000 years after their neighbours took up farming.

Agriculture first appeared around 8500 BC in present-day Syria and Turkey. Based on archeological sites scattered across Europe, many scientists have assumed that communities there abruptly stopped foraging for food starting around 3,000 years later when farming began to be introduced by peoples migrating from the east.

"It's within one or two generations that all people in the area adopt the new lifestyle," says Olaf Nehlich, a researcher at the University of British Columbia who co-authored the new research.

But isotope analysis at a UBC lab of ancient bones from a cave in Germany revealed dietary signatures that told a different story.

"What we have here ... is a unique situation where we have one group sticking around side by side with farming people for more than a thousand years," says Nehlich — 50 generations or more.

The discovery raises the question of whether the remains of other holdout hunter-gatherer communities are waiting to be discovered by archeologists — and by extension, whether agriculture was really an innovation so attractive that it swept ancient peoples by storm.

TORSTAR NEWS SERVICE

JOB AND BUSINESS OPPORTUNITIES FAIR

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* To get your season tickets now call 519-433-0634 Mon-Fri 8am-4pm. Single game tickets go on sale Thurs. Oct. 17th *

Dropcam Pro. Want to spy on your kids or nanny? It will cost you ... in data

There's another reason to fret over your Internet plan's data cap — at least for consumers who are interested in the new Dropcam Pro, a camera that beams live video from your home onto the Internet and offers a PVR-like experience to watch it through a website or mobile app.

Think of it as an Apple-esque nanny cam. It's a slick, easy-to-use device that lets parents keep an eye on their kids or pets while at work and functions as a security camera that can automatically store video online. It isn't terribly expensive for how well it works. But there's a catch. It may gulp through more than 65 gigabytes of data a month if left running 24/7. THE CANADIAN PRESS

Hungry, hungry camera

65

The newest version of the camera, which was made available in Canada for the first time on Thursday via Dropcam.com and Amazon.ca, may gulp through more than 65 gigabytes of data a month if left running 24/7.

New way to waste time

Watching TV on your smartphone just got easier

A new gadget lets you watch TV on your phone or tablet without a blocky attachment.

Audiovox's "mobiletv" gizmo allows you to pick up free TV signals and watch them on Apple and Android mobile devices without eating into your cellular data plan. The accessory doesn't have to be attached to the mobile device physically. Previous mobile TV antennas could hang precariously from the charging port. THE ASSOCIATED PRESS

Will the real Glenn Rogers please stand up?

#$@* you, Rogers!

Aussie transplant with @Rogers Twitter handle shrugs off misdirected online ire during outage

LUKE SIMCOE
Metro Online

Glenn Rogers
@rogers
CEO of @floatschedule - Team scheduling done right. An Aussie living in Brooklyn.
Brooklyn, NY · floatschedule.com

Glenn Rogers of Brooklyn, N.Y., has the @Rogers handle on Twitter. TWITTER

When Glenn Rogers' cellphone started vibrating uncontrollably Wednesday, he knew the cause immediately.

"Nothing like another Rogers outage to liven up my feed," he tweeted.

Glenn is the proud owner of the @rogers handle on Twitter. On most days, the Brooklyn resident receives only 100 or so messages from confused Rogers Communications customers, but during Wednesday's three-hour network outage, his Twitter feed exploded.

"It's almost instantaneous," the human Rogers said. "The moment people lose their Internet or their phone, they take to Twitter to voice their rage."

Canadian Rogers customers bombarded Glenn with misplaced abuse, much of it unfit for print. However, in between all the swearing and name-calling, plenty of others jumped to his defence.

Toronto's Real Jerk Restaurant even offered him a free meal if he ever came to the city.

"The people who see the situation for what it is really get a kick out of it," he said. "And it's great to see people defending me without even knowing me."

Glenn gets a similar deluge of tweets three or four times a month, but said Wednesday's was the largest he's ever seen. Despite being the inadvertent target of so much ire, the jovial Australian ex-pat just laughs it off.

Send your Twitter rage here

Note: Direct any real complaints to Rogers Communications at @RogersHelps

The old college try

BlackBerry's saviour could be original founders

Mike Lazaridis and Douglas Fregin are looking at making a potential takeover bid for the troubled smartphone maker. The two have "the goal of stabilizing and ultimately reinventing the company," according to a U.S. SEC filing. THE CANADIAN PRESS

Market Minute

DOLLAR 96.19¢ (-0.02¢)

TSX 12,894.41 (+164.08)

OIL $103.01 US (+$1.40)

GOLD $1,296.90 US (-$10.30)

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SECOND BIG BANG THEORY CONFIRMED

THE METRO LIST

Mike Benhaim
metronews.ca

1 C'est la vie. Claire Le Bel, mayoral candidate of Laval, the city just north of Montreal, is requesting police protection after her campaign manager was assaulted. The attack followed the release of recorded conversations with her former boss and long-time mayor, Gilles Vaillancourt. Vaillancourt is currently facing criminal charges for "gangsterism," or as it's called in Montreal, "politics."

2 Sexy thangs. Esquire magazine named Scarlett Johansson the sexiest woman alive for the second time. While many of us agree that she is sexy, the title of "sexiest" is very subjective. A tip to men choosing to engage in public controversy, the correct answer should invariably be (insert name of wife or girlfriend here).

3 Splitsville, U.S.A. Bruce and Kris Jenner have officially separated. With no pre-nuptial agreement in place, the enterprising Kardashian baby-mama is likely to pack a huge financial punch. My advice to the Olympian: Better eat your Wheaties before the milk runs out. Divorce proceedings can be seen on Fox.

4 Till you drop. A study released by the National Academy of Sciences this week uncovered the mystery of marsupial male deaths after mating. Apparently the female only accepts male suitors once a year for the sole purpose of reproduction. This encourages competition in males who save their sperm and energy for something of a "big bang marathon," which lasts for 12 to 14 hours and repeats several times until they eventually die of stress. They needed a study for this?

5 Hockey Night in Canada. Note to women: Attempting unscheduled discussions expecting more than a monosyllabic response from spouses during NHL games is considered interference and will result in a penalty. Note to husbands: Invoking said penalty may result in changes to the mating schedule (see number four).

6 Say what? A Nobel Prize in physics was awarded to Peter Higgs and François Englert for discovering the Higgs boson, a.k.a. "the God particle," which confers mass to elementary particles. This is controversial because several physicists experienced simultaneous breakthroughs. Some scientists were upset and considered taking it before the courts until their lawyers explained that no one would understand what the heck they were talking about.

7 In the mix. Red Bull's Thre3style National DJ Finals were held last Sunday at Cowboy's Dance Hall in Calgary. The crowd was treated to some funktastic sets by eight of Canada's finest. Quebec's Adam (Doubleyou) White won the honour of representing Canada at the world finals, which this year will be held in clubs across Toronto from Nov. 4 to 9. Book your spot at redbull.ca/3styletickets.

8 This week in music. On Oct. 9, 1975, Sean Lennon, the only child of John and Yoko, was born, prompting the former Beatle toward a musical hiatus in favour of being a full-time father and husband. Sean went on to become a singer, songwriter, musician and actor. Oh, also born on Oct. 9 ... John Lennon.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Berlin is looking bright these days

BRITTA PEDERSEN/DPA/THE ASSOCIATED PRESS

Shining city tells many stories

The installation Waechter der Zeit (Guardians of the Time) stands in front of the Berlin Cathedral during the festival of lights.

The festival of lights illuminates numerous famous landmarks, streets, squares and hot spots in the German capital through Oct. 20. In addition to the light exhibits, the festival holds many events and musical performances all connected by the light theme.

THE ASSOCIATED PRESS

One of the largest of its kind

2 million

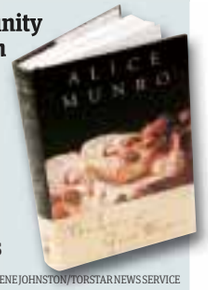
visitors flock to the event, now in its ninth year, and the city sees an additional 600,000 people come from out of town. The festival has garnered international attention and is now one of the largest light festivals in the world.

Lamps shaped as ships are seen in a water basin next to Potsdam Square, Berlin. THE ASSOCIATED PRESS

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Thursday gave us all an opportunity to puff with patriotic pride when it was announced that national treasure Alice Munro had won the 2013 Nobel Prize for literature. So whether you want to read Munro's work for the first time, or are interested in checking out some other short story writers, here's a few good places to start.



RENE JOHNSTON/TORSTAR NEWS SERVICE

The New Yorker:

Let's start with the master herself. The New Yorker is one of Alice Munro's unofficial homes, and the archive on their website is a treasure trove of her work that reaches back through the years. Many of them are locked behind a subscriber paywall, but it'll be a long time before you run out of free content. (newyorker.com)

East of the Web:

Feel free to pluck a story out of the thousands available from professional and amateur in whichever genre you choose — provided your tastes aren't hopelessly niche. The sci-fi collection is particularly robust. (eastoftheweb.com)

Bibliofaction:

Another huge depository à la East of the Web, except buoyed by a strong and supportive community that we've heard can be quite helpful to aspiring short story authors ready to begin building their own case for a Nobel Prize. (bibliofaction.com)

Twitter

@metropicks asked: An NYC restaurant forbids chit chatting while dining. Would you eat there?

@BVAssociation: The food better be outstanding to earn our silence and increased attention.

@BrianObie1: this is nothing more than a ploy to get people in and out quickly and make more $$$$

@chantalehoney: that sounds wonderful! My kids talk so much, I'd love a quiet meal!

@BlakeHusky: Finally, a restaurant I can take my mother-in-law to.

@serpentina66: ew. All you'd hear is smacking, slurping, chewing, and loud swallowing.

@Lalu31: I wouldn't. Soup slurping, forks scraping against plates, and general chewing sounds would be heightened in silence!Need convo

Follow @metropicks and take part in our daily poll.

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Send us your comments: londonletters@metronews.ca

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Synopsis

Based on the true story of Captain Richard Phillips (Tom Hanks) who took on a routine voyage around the Horn of Africa in April 2009 when his ship was attacked by Somali Pirates led by Muse (Barkhad Abdi). "Nobody gets hurt," Muse says. "It's just business." But business turns violent when it becomes clear the million-dollar payday Muse and company were expecting isn't going to pan out. As the situation escalates Phillips is taken aboard a life raft, kidnapped, bound for Somalia where he'll be held for ransom.

- Richard: ●●●●○
- Mark: ●●●●○

Tom Hanks is a mix of heroic and stoic in Captain Phillips. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Captain with a hook

Pitted against pirates. Tom Hanks puts forth a powerful performance in the spellbinding Captain Phillips

Richard: Mark, I don't think it's fair to charge audiences full price for screenings of Captain Phillips. While watching this I was reminded of the old Monster Trucks ads that bellowed, "You pay for the whole seat but you'll only need the edge!" Director Paul Greengrass is a master of action who does a great job of portraying the vastness of the ocean and the isolation of the ship and its crew. I was dangling off the front of my seat from about the 30 minute mark. You?

Mark: Yes, in fact I was so on edge I have a slice-mark across my butt. I was so grateful the movie doesn't waste a lot of time going into the backstories of the crew. The pirates arrive quickly and brutally. I was worried we'd have to endure a lot of bleeding heart nonsense about the pirates and their "point of view." But that is kept to a minimum and the bad guys get to be bad guys and Tom Hanks, once again, can be a saint among men.

RC: I thought Hanks was terrific here. He is saintly, but he's also heroic and stoic. I think it might have been easy to overplay this role but he keeps it subdued for the most part. (SPOILER ALERT) It's only in the film's final moments, when the ordeal is over, that Hanks really unloads with the kind of raw and shell shocked reaction that the Academy is going to love.

MB: The Academy may also love the Somali pirate captain, Barkhad Abdi, who goes toe to toe with Hanks through the whole movie. I haven't seen such a scary, haunting face since the days of German Expressionist cinema! The movie is riveting, but it isn't surprising. There's only one way this movie can end and it should be obvious halfway through. That having been said, I have no fingernails left.

RC: Abdi is great. This is an action movie and as written he is primarily a plot device to keep the action moving forward, but despite an underwritten part he brings some humanity to the villain role. His explanation for his way of life, that he is a victim of limited opportunity and not a bad man, helps place his actions in context.

MB: Greengrass has passed this way before, in United 93. But this is a lesser known story, so it's easier to tense up and enjoy it.

Mother knows best, so they say, but the truth is there's only a delicately placed 'S' separating 'mother' from 'smother'. With the remake of Stephen King's Carrie on the horizon, Metro opted to use poor Carrie White (Chloe Grace-Moretz in the new version) and her operatically toxic relationship with her wild-eyed monster of a mom Margaret(Julianne Moore) as the inspiration for a brief list of other great cataclysmic mother/child relationships in filmed entertainment. Here's a few of our faves.

CHRIS ALEXANDER

5 Truly mad mothers

Psycho (1960)

Though we never actually see Norma Bates in Hitchcock's seminal mama's boy horror classic, her presence dominates the film just as much as it dominates her boy Norman's fevered, homicidal imagination. Much later, Olivia Hussey would illustrate the grimy, borderline incestuous relationship in Psycho IV and recently TV's Bates Motel explored the increasingly dangerous mother/son stew with the aid of actress Vera Farmiga. Psycho's infamous shower sequence deftly seals the obsessive parental relationship in the most explicit way possible.

Wild at Heart

David Lynch's outrageous, ultra-violent road movie/romance/horrorshow stars Laura Dern and her real-life mother Diane Ladd as white-trash belles whose sickening closeness decimates all. When Dern runs away with her lover (Nicolas Cage at his best), Ladd turns into the wicked witch, sending murderers after them while rapidly losing whatever tenuous grip on sanity she may have had. Watch out for the scene of Ladd in full face lipstick, screaming at the fates. Chilling stuff.

Mother's Boys

This underrated thriller sees Jamie Lee Curtis as a mom who leaves her brood, only to return years later. When her husband spurns her affections for a new lover, Curtis goes insane, harassing the family, committing murder and brainwashing her conflicted elder son into acting out her psychotic intent. Brace yourself for the nail-biting and emotionally upsetting climax.

Mommie Dearest

Faye Dunaway channels a distortion of actress Joan Crawford in this accidental camp classic, an adaptation of the same named biography penned by Crawford's daughter. In it, the boozy, ballistic single mother terrorizes, tortures, browbeats and physically attacks her poor offspring in encounters so over-the-top they breach the level of cartoon. Watch out for the bit in which a histrionic Dunaway performs an unwelcome haircut on her screaming kid.

Boardwalk Empire

Prime time has never seen the likes of devil-mama Gillian Darmody, played with desperate seduction by the gorgeous Gretchen Mol in the hit HBO series. Darmody uses sex as a weapon to manipulate and maneuver her son Jimmy through a vile underworld that eventually destroys him. She also sleeps with her child. But such antics are only the tip of this black widow's scheming iceberg. Beware the lethal heroine/bathtub encounter in season three.

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Action

Machete Kills

Director. Robert Rodriguez

Stars. Danny Trejo, Michelle Rodriguez

●●●○○

If you're not already on board with the grindhouse resurgence, this movie is not for you. Machete is once again pulled into U.S./Mexico politics, this time by the U.S. president who's tasked him with stopping a bi-polar revolutionary who's got a missile pointed at the U.S. (the trigger is rigged to his heart beat). Buoyed by a bigger budget, Rodriguez goes all out in this sequel. But in the constant jumping around, he quickly loses the plot. Still there's enough blood shed and stunt casting to carry the film — Cuba Gooding Jr. is a particular surprise. **IAN GORMELY**

Drama

Romeo and Juliet

Director. Carlo Carlei

Stars. Hailee Steinfeld, Douglas Booth

●●○○○

Downton Abbey guru Julian Fellowes and director Carlo Carlei take a crack at Shakespeare's doomed teen lovers, and the results are barely worthy of a catty dismissal by the Dowager Countess. Somehow Fellowes — who gets credit for the screenplay here — manages to significantly shorten the play and still make this version feel unending. It's so bland, lifeless and unnecessary that you find yourself watching the kids pine and think, "Just die already so we can get out of here." Do yourself a favour and just rent Zeffirelli's version instead.
NED EHRBAR

Romance

The Right Kind of Wrong

Director. Jeremiah S. Chechik

Stars. Ryan Kwanten, Catherine O'Hara

●●●○○

The Right Kind of Wrong has a kind of identity crisis. Not only does the Canadian rom-com cater to clichéd mainstream conventions but it distractingly works in foul (and mostly flat) gags involving testicles and incontinence in Paris. True Blood's Ryan Kwanten is appealing enough as a phobic, failed writer trying to inexplicably woo a newly-married woman, but here's a tip to future filmmakers: If a mountainous setting upstages the cast, your film's in all kinds of trouble.
STEVE GOW

Comedy/Romance

Austenland

Director. Jerusha Hess

Stars. Keri Russell, Jane Seymour

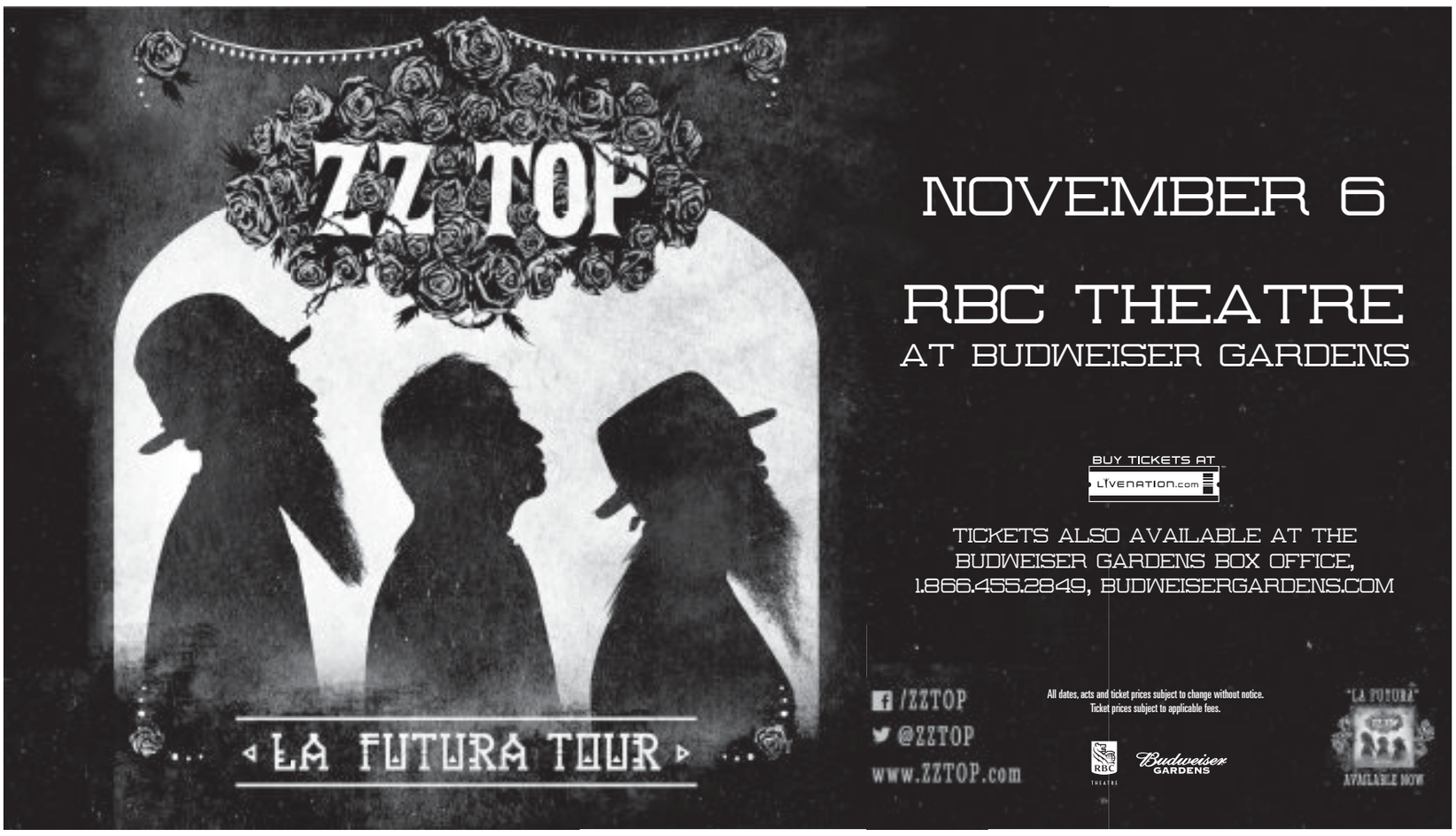
●●○○○

Fandom makes people do weird things. In Austenland, Jane Hayes (Keri Russell) blows her savings on a Jane Austen "experience" run by Jane Seymour in a bid to meet her own Mr. Darcy. Predictably things don't pan out and Jane finds herself caught in a modern Pride & Prejudice situation, held back by her social status and falling for the wrong guy. It's a clever set up, but writer-director Jerusha Hess can't seem to break out of the rote romantic comedy box. Worse, the jokes fail to yield any laughs.
IAN GORMELY

The right kind of mom

"I've never played a perfect mother. They're well-meaning, but definitely not perfect. So they know from that and that's why (they cast me)? That's nice, I'm glad they're thinking of me. I'm glad they grew up and started making good movies, that's nice. I'll be part of that, please."

Catherine O'Hara on an entire generation thinking of her as a bad mother, thanks in large part to her role as forgetful mom Kate McAllister in Home Alone 23 years ago. She continues the trend with a pair of films this fall, A.C.O.D. and The Right Kind of Wrong.
NED EHRBAR, METRO WORLD NEWS



Sarah Paulson embraces her dark side in latest role

12 Years a Slave. Actress says Mistress Epps is her most violent role to date and she doesn't plan on going that dark again

NED EHRBAR
Metro World News in Hollywood

Sarah Paulson is the petty, defensive Mistress Epps in 12 Years A Slave. CONTRIBUTED

Sarah Paulson goes to some impressively dark, violent places in director Steve McQueen's brutal and arresting 12 Years a Slave as Mistress Epps, the petty and defensive wife of Michael Fassbender's malicious plantation owner. And to think, "Michael Fassbender's wife" sounds like such an appealing job description.

This isn't what you imagined being married to Michael Fassbender would be like, is it?
It sure isn't. Every single person asked me when I told them. They were like, "What are you going to do?" And I told them, "I'm doing this movie 12 Years a Slave. I play Michael Fassbender's wife." And before I got to the part about what it's about, they were like, "Wait, wait, wait. Do you get to kiss him?" And I was like, "Ah … it's not that kind of movie, so unfortunately no." But from an acting standpoint it's everything I could've hoped for.

It's remarkable that even with this big of an ensemble you still get a chance to make your impact. What was your route into understanding your character?
I didn't want to judge her, even though I think she behaves despicably and does indefensible things, without question — and I'm not looking to justify her behaviour on her behalf. But in terms of an actor trying to find a way into something, I had to figure out the motivating factors, and what was motivating her behaviour was her terrible fear that she was about to lose her husband — or had lost her husband — along with the respect in her household, the opinion of her in the community, all of it. It's very embarrassing, and I think for someone like Mistress Epps, I don't think she is a deeply complicated person. I'm not saying she's dumb, but I don't think she is emotionally or psychologically savvy. So instead I think she just went the only way she knows how, which is in my mind kind of like the way an animal defends its turf.

She does have a considerable amount of power over Master Epps, though.
She does, she does. Because I think she thinks he's weak, and when she sees his weakness she goes for it. Master Epps is really in love with Patsy, but he hates himself for it. His own love for her is despicable to him and he knows it can't be and it's not right, and my character plays on that fear in him and gets him to act out based on that ill feeling inside of himself, and that's where her power lies.

Have you ever done anything onscreen as violent as what you do in this film?
No, never. Never. And I hope to never again, although I do feel that it was very important for the narrative that it be as strong as that, to really show what was endured. The brutality of it, to me, is absolutely important and imperative to the telling of this story. I just feel that without it, it would lose part of what feels so insanely authentic about the movie.

FROM THE DIRECTOR OF
"THE BOURNE ULTIMATUM"
OUT HERE SURVIVAL IS EVERYTHING
STARTS TODAY
COLUMBIA PICTURES PRESENTS A SCOTT RUDIN / MICHAEL DE LUCA / TRIGGER STREET PRODUCTION A FILM BY PAUL GREENGRASS TOM HANKS "CAPTAIN PHILLIPS" BARKHAD ABDI MUSIC BY HENRY JACKMAN
14A Violence, Disturbing content
Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes

THESE PAGES COVER MOVIE START TIMES FROM FRI., OCT. 11 TO THURS., OCT. 17 TIMES ARE SUBJECT TO CHANGE.

Sandra Bullock plays an uptight novice who gets into serious trouble in Gravity. CONTRIBUTED

Mustang Drive-In -London 2551 Wilton Grove Rd.

Cloudy With a Chance of Meatballs 2 (G) Fri-Sun 7:35 Tue 7:30 Thu 7:30
Despicable Me 2 (G) Fri-Sun 9:10 Tue 9:05 Thu 9:05
Gravity (PG) Fri-Sun 7:30 Tue 7:40 Thu 7:40
Grown Ups 2 (PG) Fri-Sun 10:50
No Films Showing Today (STC) Mon Wed
Prisoners (14A) Fri-Sun 9 Tue 9:10 Thu 9:10
We're the Millers (14A) Fri-Sun 11:30

Hyland Cinema 240 Wharncliffe Road South

Austenland (PG) Fri 3 Sat 1 Sun 7:20 Mon 2:55 Tue 5:05 Wed 3-7 Thu 5:05
Blue Jasmine (14A) Fri 1-5 Sat 3-7 Sun 3 Mon 1 Tue 3:10-7 Wed 5 Thu 3:10-7
A Hijacking (14A) Fri 7 Sat 5 Sun 9:10 Mon 4:45-9:10 Tue 9 Wed 1 Thu 9
Lee Daniels' The Butler (14A) Fri-Sat 9 Sun 4:55 Mon 6:45 Tue 12:45 Wed 9 Thu 12:45
Undefeated (PG) Sun 1

Rainbow Cinemas London 355 Wellington St.

Captain Phillips (14A) Fri-Thu 1:05-3:50-7-9:40
Carrie (STC) Thu 10
Cloudy With a Chance of Meatballs 2 (G) Fri-Thu 1:15-3:30-7:15-9:25
Don Jon (18A) Fri 3:55-9:30 Sat-Wed 3:35-9:30 Thu 3:35
Escape Plan (14A) Thu 10
Gravity (PG) Fri-Thu 1-3:25-7:05-9:20
Lee Daniels' The Butler (14A) Fri-Thu 12:55-6:55
Machete Kills (14A) Fri-Thu 1:10-3:40-7:20-9:45
Prisoners (14A) Fri-Wed 12:50-3:55-7:30 Thu 12:50-3:55-7
Runner Runner (14A) Fri-Thu 1:20-3:45-7:10-9:35

Western Film Room 340, UCC Building, Argo (14A) Fri-Thu 9:50

Fruitvale Station (14A) Fri-Thu 7
The To Do List (18A) Fri-Thu 9

Wellington 8 Cinemas 983 Wellington Rd. S,

Captain Phillips (14A) Fri-Mon 12:45-3:45-6:50-9:55 Tue-Thu 5-8
Cloudy With a Chance of Meatballs 2 (G) Fri-Mon 1:20-6:45 Tue-Thu 5:15
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Mon 3:50-9:15 Tue-Thu 7:40
Gravity (PG) Fri-Mon 1:10
Gravity 3D (PG) Fri-Mon 3:30-7:10-9:30 Tue-Thu 5:40-8:15
Machete Kills (14A) Fri-Mon 1:25-4-7-9:40 Tue-Thu 5:30-8:10
Prisoners (14A) Fri-Mon 1-4:20-8 Tue-Thu 7:30
The Right Kind of Wrong (14A) Fri-Mon 1:30-4:15-7:15-9:50 Tue-Thu 5:45-8:20
Runner Runner (14A) Fri-Mon 1:15-4:10-6:40-9:20 Tue-Thu 5:10-7:50
Rush (14A) Fri-Mon 12:50-3:40-6:30 Tue-Thu 5
We're the Millers (14A) Fri-Mon 9:25 Tue-Thu 7:55

Cineplex Odeon Westmount & VIP Cinemas 755 Wonderland Road South

Captain Phillips (14A) No Passes Fri-Mon 12:40-4-7:10-10:20 No Passes Tue 4-7:10-10:20 No Passes Wed 1:15-6:30-9:30 No Passes Thu 6:30-9:30 No Passes Fri 3:50-6:40-9:25 No Passes Sat-Mon 1-3:50-6:40-9:25 No Passes Tue 3:50-6:40-9:25 No Passes Wed-Thu 8:30
Cloudy With a Chance of Meatballs 2 (G) Fri-Mon 12:30
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Mon 2:50-5:10-7:30-9:55 Tue 5-7:30-9:55 Wed-Thu 6:50-9:20
Enough Said (PG) Fri-Sat 1-3:15-5:35-8-10:30 Sun 3:30-5:45-8-10:30 Mon 1-3:15-5:35-8-10:30 Tue 5:40-8-10:30 Wed 1:20-7:05 Thu 7:25-9:50
Funny Girl (STC) Sun 12:30
Gravity 3D (PG) No Passes Fri-Mon 12:50-3:05-5:30-7:50-10:15 No Passes Tue 5:30-7:50-10:15 No Passes Wed 1:25-7:10-9:40 No Passes Thu 7:10-9:40 No Passes Fri 4:20-7:10-9:55 No Passes Sat-Mon 1:30-4:20-7:10-9:55 No Passes Tue 4:20-7:10-9:55 No Passes Wed-Thu 8
Planes (G) Fri-Mon 1:10
Prisoners (14A) Fri-Mon 12:20-3:35-6:50-10:05 Tue 3:30-6:50-10:05 Wed-Thu 7:30
The Right Kind of Wrong (14A) Fri-Mon 12:25-2:50-5:15-7:40-10:10 Tue 5:10-7:40-10:10 Wed 7:20-9:50 Thu 7:20-9:45 Star & Strollers Screening Wed 1
Romeo & Juliet (STC) Fri-Mon 1:20-4:10-7-9:50 Tue 4:10-7-9:50 Wed-Thu 6:40-9:25 Star & Strollers Screening Wed 1
Royal Ballet: Don Quixote (STC) Wed 7
Rush (14A) Fri-Tue 3:40-6:40-9:35 Wed 9:40 Thu 6:45-9:35 Fri 4:50-7:40-10:25 Sat-Mon 2-4:50-7:40-10:25 Tue 4:50-7:40-10:25 Wed-Thu 7:30

SilverCity London 1680 Richmond St

Captain Phillips (14A) No Passes Fri-Tue 1:05-4:10-7:15-10:25 No Passes Wed 4:10-7:15-10:25 No Passes Thu 1:05-4:10-7:15-10:25 Star & Strollers Screening, No Passes Wed 1
Carrie (STC) Thu 10:15
Cloudy With a Chance of Meatballs 2 (G) Fri-Sat 1-3:10-5:45 Sun 1:05-3:10-5:30 Mon-Thu 1-3:10-5:30
Cloudy With a Chance of Meatballs 2 3D (G) Fri 12:25-2:50-5:15-7:40-10 Sat 11:10-12:25-2:50-5:15-7:40-10 Sun-Mon 12:25-2:50-5:15-7:40-10 Tue-Thu 1:30-3:40-7:10-9:40
Don Jon (18A) Fri-Sat 1:15-3:25-5:35-7:55-10:35 Sun-Mon 1:15-3:25-5:35-7:55-10:30 Tue 1:20-3:25-5:35-7:55-10:30 Wed 1:15-3:25-5:35-7:55-10:30 Thu 1:15-3:25-5:35-10:30
Escape Plan (14A) Thu 10
Gravity 3D (PG) No Passes Fri-Sat 12:30-2:50-5:10-7:30-9:50 No Passes Sun-Mon 12:30-2:50-5:15-7:30-9:50 No Passes Tue-Thu 2:50-5:15-7:30-9:50
Gravity: An IMAX 3D Experience (PG) No Passes Fri-Thu 1:10-3:30-5:50-8:10-10:30
Insidious: Chapter 2 (14A) Fri-Sat 8-10:40 Sun-Mon 7:45-10:20 Tue-Wed 7:45-10:15 Thu 7:45
Machete Kills (14A) Fri 1:45-4:30-7:45-10:45 Sat 2-5:30-8:05-10:45 Sun-Wed 1:40-4:30-7:25-10:10 Thu 1:40-4:15-7:40-10:35
National Theater Live - MacBeth (STC) Thu 7
National Theatre Live: Othello - Encore (STC) Sat 12:30
Prisoners (14A) Fri-Sat 12:40-4-7:10-10:20 Sun-Mon 12:40-4-7:15-10:20 Tue-Thu 1-4:05-7:15-10:20
The Right Kind of Wrong (14A) Fri-Mon 12:35-3-5:25-7:50-10:15 Tue 1:50-4:25-7-9:45 Wed 4:25-7-9:45 Thu 1:50-4:25-7-9:45 Star & Strollers Screening Wed 1
Runner Runner (14A) Fri-Sat 1:20-3:40-6-8:25-10:40 Sun-Thu 12:55-3:15-5:20-7:40-9:55
Rush (14A) Fri-Mon 1:30-4:20-7:20-10:10 Tue-Thu 1:30-4:20-7:05-10
Wallace & Gromit in The Curse of the Were-Rabbit (G) Sat 11
We're the Millers (14A) Fri 12:30-2:50-5:10-7:35-10:05 Sat 11:40-5:10-7:35-10:05 Sun-Wed 2:10-4:40-7:35-10:05 Thu 2:10-4:40-7:35

TOM HANKS
CAPTAIN PHILLIPS
BASED ON A TRUE STORY
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BASED UPON THE BOOK "A CAPTAIN'S DUTY: SOMALI PIRATES, NAVY SEALS, AND DANGEROUS DAYS AT SEA" BY RICHARD PHILLIPS WITH STEPHAN TALTY
SCREENPLAY BY BILLY RAY
PRODUCED BY SCOTT RUDIN DANA BRUNETTI MICHAEL DE LUCA
DIRECTED BY PAUL GREENGRASS
Sony Entertainment Network
SONY make.believe
COLUMBIA PICTURES
CaptainPhillipsMovie.ca
Soundtrack on Varèse Sarabande

Vanilla Ice goes old school

Rob Van Winkle, better known as Vanilla Ice, is pictured in Toronto on Tuesday as he promotes his new television show Vanilla Ice Goes Amish. CHRIS YOUNG/THE CANADIAN PRESS

Unlikely pairings. The rapper-renovator heads to rural Ohio to learn from master craftsmen, and finds they've got great MacGyver skills

What could a flashy, Florida-based pop icon share in common with members of a tight-knit religious sect in rural Ohio? Well, a passion for craftsmanship for starters —but not of the musical variety.

Rob Van Winkle, better known as Vanilla Ice, catapulted to fame with his '90s smash hit Ice Ice Baby, the first rap single to top the Billboard Hot 100. More recently, he's been charting success in the renovation realm by purchasing, remodelling and selling homes, not to mention documenting renos on The Vanilla Ice Project.

In Vanilla Ice Goes Amish, which premieres Sunday at 10 p.m. on DIY Network, Van Winkle heads to Holmes County, Ohio — the largest Amish settlement in the U.S. — to learn from master craftsmen and to fully immerse himself in the Amish way of life free of modern conveniences.

"I wasn't sure what to expect because I know that they build furniture and stuff like that, but I didn't know much beyond that," admitted the affable Van Winkle during a recent press day in Toronto.

"And so, when I get there, I see that they really ... pride themselves on craftsmanship and their abilities and their skills. They'll build anything you want. They have great MacGyver skills. That's what we call them back at the lab back in Florida," he added, a reference to the '80s TV character who could make inventive items out of everyday materials.

"We say: 'There's no real rule book on how you're going to fix that. You can do it with mortar, you can do it 10 different ways, but you've got to fix it, so let's see how good your real carpentry skills are.' The good ones that have been around for a while, they'll figure out a way to make that work, whether it's a corner or whether it's holding up a beam."

Once the idea for Vanilla Ice Goes Amish was cemented with the network, making initial arrangements to film required extraordinary measures.

"You can't send a fax. You can't send an email. You can't send a tweet, a text, a Vine (video), a nothing," Van Winkle said, noting that a representative flew to Ohio and drove two-and-a-half hours to meet with community members.

"He didn't even know if they knew who Vanilla Ice was. And they did, they knew. They'd heard of Vanilla Ice. It was pretty cool," Van Winkle recalled.

In the series debut, Van Winkle works with a construction crew to transform a dated kitchen into a state-of-the-art space. But he quickly learns of the challenges of carrying out routine tasks, like requiring permission from the church bishop to use electricity or power tools.

"When we're doing (work for) the Amish folks, you have to consider that there's no electricity. So your backsplash, you don't have to worry about putting a bunch of outlets (in). There won't be any lights, there won't be any fixtures, under-counter lights or anything."

Van Winkle also brought his own design influence to help marry traditional workmanship with modern finesse, like a double ogee edge on granite countertops.

"I introduced the design style which is much different than the Amish design style. It has a lot of luxury in it, a lot of above and beyond, a lot of pop and a lot of wow."

When he wasn't involved in construction work, Van Winkle was walking the walk when it came to Amish life, taking residence on a farm. Not only did he live without electricity, phones, the Internet and even mirrors, the tattooed, ballcap-sporting rapper-renovator would even wear attire more in-step with the community — including garments without zippers.

He recalled feeding baby calves, doing laundry and shovelling manure — all measures he felt were important to earn respect.

"Once they saw I knew what I was doing there, they warmed up to me," he said.

"We had such a great time, great stories, great jokes. They love to interact with each other. If you've ever seen a group of people and they're all on their phones ... they don't do that! They all talk and it's good and it's a good time. And they wake up with the sun and they go to sleep with the sun."

Vanilla Ice Goes Amish is the latest series to turn the lens on members of the Amish community. But in doing so, it offers a stark contrast to the gun-toting vigilantes on Amish Mafia and young adults who leave their communities for the big city in Breaking Amish.

Van Winkle was quick to draw a distinction between his own show and the often-controversial portrayals of the Amish seen in other programs.

"I don't want to talk anything negative about these other shows with the Mafia or Breaking Amish and stuff. But they're very entertaining, they're good shows," he said.

"I don't how much truth is there — I wasn't there, I don't know. But I do know for a fact that Amish do not drive cars — especially Cadillacs — and that's what they're driving in those shows. So you make up your own decisions.

"But the truth is, this is a real show. It's not staged," he added. THE CANADIAN PRESS

Canadian actress Emily Bett Rickards from the series Arrow. The show's second season premiered Wednesday. AMY SUSSMAN/INVISION/THE ASSOCIATED PRESS

Bett Rickards hits the target with Arrow

Talk about making a good impression. Actress Emily Bett Rickards was happy when she scored a one-off role on Arrow last year.

Bett Rickards played IT girl Felicity Smoak on the action-adventure series, which stars Stephen Amell as billionaire playboy Oliver Queen, who secretly fights crime and corruption with a bow and arrow. "It was one episode, two scenes," the 22-year-old Canadian actress recalled.

Her portrayal of a character with tech-savvy smarts — and a funny, sweet stream-of-consciousness rhythm to her speech — caught on with viewers. She was brought back for more episodes, and by the end of the season, she was a part of Queen's inner circle. She's now a regular on the series, which returned for a second season Wednesday night.

You're doing stunts this season. Is that fun?
I like doing stunts because I'm very physical, I always grew up with sports. It's a different part of acting. That part is really educational and I'm still learning. It can be painful, too. Our stunt doubles are so trained in making sure they don't hurt the next day. My body's not used to doing it.

Is it strange to have stunt doubles?
I said once (that) I want fair warning every time my stunt double is on set because we're the same build, she's got blond hair, you put her in a dress and the same makeup, it's like looking in a mirror. The first time I saw her I (gasped) because your brain kind of knows what it is but you're still shocked. She's fabulous.

Stephen Amell has to stay in tiptop shape for his role. Does he avoid craft services to keep those abs?
Oh, he's a grazer. He eats. Yeah, he does. It's different for men than it is for women. ... We'll go and we'll grab a handful of almonds. ... He and David (Ramsey) come back with coffee cups full of almonds.

There are fans rooting for an Oliver-Felicity romance. What do you think?
It has to be earned. ... It could happen but it also could not because they are friends and they're also dealing with life and death every day. ... I think if they were to get together so early, I wonder if it would lose sweetness or a friendship compatibility.
THE ASSOCIATED PRESS

The small screen keeps getting scarier

Television. Violent, graphic stories are increasingly migrating from movie theatres to your living room

ALEXANDRA CAVALLO
Metro World News in New York City

'Tis the season for all things that creep, crawl and go bump in the night, and if your TV Guide is any indication, it's also the year for it.

There's been a noticeable shift in the medium — where horror used to lurk almost entirely at the box office, we're seeing a large influx of spooky, scary and sometimes downright disturbing programs on television.

From long-running shows like Dexter (R.I.P.) to newer fright fests like American Horror Story (its third season premiered Wednesday), Bates Motel and Hannibal, there's no denying that viewers have developed an appetite for TV with darker inclinations.

This begs the question: Why do we love to be scared?

Channelling our fears

"When the murder and mayhem on TV is over, we can turn it off and feel safe. It gives us a sense of control."
Emmy-winning media psychiatrist Dr. Carole Lieberman

And why now, seemingly more than ever? The world is a scary place, and the truth is too often more disturbing than fiction. So how is it that there's an expanding market for fictional shows designed to horrify?

According to Dr. Robert Kraft, a psychology professor at Otterbein University, this inclination for frightening tales is innately human.

"The world has always been a scary place and people have always enjoyed terrifying stories — from the myths of ancient Greece through ... contemporary stories of horror in film and on television," he says.

However, he agrees that there's been a shift as of late.

"One change has been the increasingly realistic depiction of graphic violence. More than half a century ago, the famous shower scene in Hitchcock's Psycho never showed the victim getting stabbed. Today, that scene would be shot with multiple gory close-ups of the actual stabbing. Another change has been the migration of graphic, violent stories from the movies to television," he says.

Even shows that are not expressly designed to be scary (dramas like Breaking Bad or new FX crime thriller The Bridge) depict gore and violence that would have been deemed unairable not so long ago. Meanwhile, shows like Criminal Minds allow viewers a chilling peek inside the psyches of psychopaths and serial killers.

And, in a time when what we see on the news should be scary enough to sate anyone's need for that kind of voyeurism, we seem to be seeking it out more than ever.

"People watch disturbing, gory shows for the excitement, the vicarious experience of violence, the strong emotions and the ultimate resolution of the conflicts," says Kraft. "Many follow a familiar trajectory that allows people to be scared while also knowing that there will be a clear resolution."

In other words, we watch because it allows us to channel our real world fears into a compartmentalized, manageable form of entertainment. Emmy-winning media psychiatrist Dr. Carole Lieberman agrees. "When the murder and mayhem on TV is over, we can turn it off and feel safe," she says. "It gives us a sense of control."

So, when we watch some form of the bogeyman wreak unimaginable horrors on a fictional victim, then we oddly enough feel safer.

Kevin Howley, a media studies professor, sums it up. "These shows offer viewers a vehicle to explore the dark side in relative safety and security," he says.

"In this respect, these programs are part of a longer storytelling tradition — think Grimm's fairy tales, for instance — that help explain the world, a sometimes dark and scary place, and do so in a thoroughly engrossing and enlightening fashion."

Kathy Bates plays the evil Madame LaLaurie on American Horror Story: Coven. CONTRIBUTED

High on life ... and marijuana

A$AP Rocky. New York's rapper of the moment tells Metro why fashion is his biggest influence, amid a haze of green

RICHARD PECKETT
scene@metronews.ca

"I'm not going to lie, drugs have influenced my life; I do smoke a lot of marijuana," slurs the guy who gave up dealing drugs two years ago.

Even over the telephone, it's unarguably clear in his smoke-soaked voice. At this point, the interview mimics those post-party dead-hour stoner chats where conversation falls somewhere between the profound and the prosaic.

"Smoking together, bonging together, that's where you meet some of your closest friends — it's like a token of friendship."

The combination of drug talk and toking has brought the hip hop artist to his open-your-mind optimum, continuing.

"It's an international language of love. There's no skin colour barriers or no shit like that; everything is one colour and that's purple baby —everything is motherf—ing purple."

A$AP Rocky's the ultimate hip hop protagonist in a world where he's "free to do whatever I want."

He bagged a $3 million dollar deal with Sony-RCA's subdivision Polo Grounds Music. The dollar sign in the crews' name is now justified. And his debut album Long.Live.A$AP went straight to number one on the Billboard 200.

But like demigods before him, Rocky's success is sewn in that murky mortal world where the rise and fall of celebrity is celebrated in equal measure — a place where Rocky's not master.

Days before this interview, the 24-year-old (real name Rakim Mayers) was charged with assault after allegedly slapping a female fan at a festival in Philadelphia. His management was cagey: Rocky's stoned. You'll agree there's a certain irony in his F—kin' Problems lyrics: "I love bad bitches, that's my f—kin' problem."

But as the Harlem-born rapper says, "You know, I'm not an angel, we all know that, but I do love good people."

Love, or rather lust, is another liberal endeavor for Rocky. He's a boundless shagger of priapic proportions, with groupies genuflecting before the altar of the hip hop collective A$AP Mob.

And "good" seems to refer to beautiful people: A$AP Rocky had a string of real and rumoured alliances with rapper Iggy Azalea, model Chanel Iman, who was at his side at the VMAs, and apparently Rihanna.

But he is in fact, referring to Raf Simons, creative director at Christian Dior. Rocky loves clothes (Alexander Wang cast him in the Spring 2013 promo of his own diffusion line T by Alexander Wang).

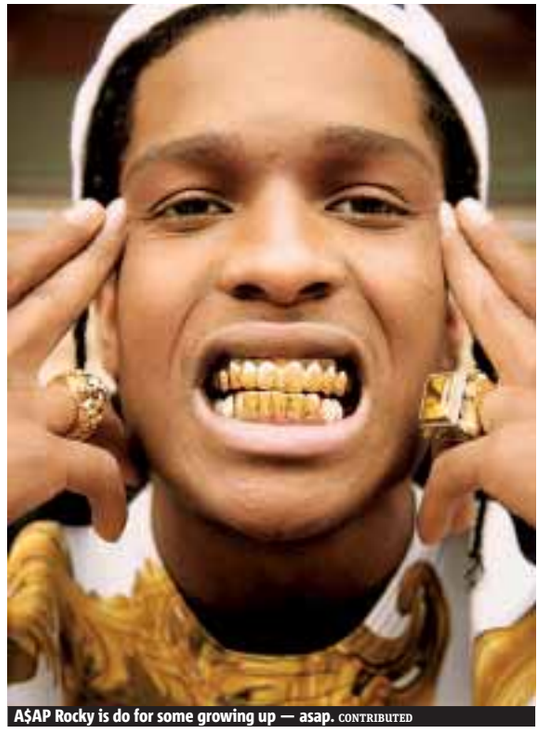
"I appreciate and admire high-end fashion and streetwear in the same way people love a sports team," he dozily enthuses.

In fact, the mention of fashion is enough to draw the rapper out of his green-induced slumber.

"Raf Simons is one of my biggest influences, he actually influences my music," he says.

The days of rappers name-checking those '90s household designers like Versace, Dolce & Gabbana and Tommy Hilfiger are over, but few could academically discuss the finer points of Simons, Rick Owens and Jeremy Scott. Amidst the fog of weed there is some sense in Rocky's mellow world.

But he'll need to reign in the nonsense if more converts are to join the masses in chanting: "Long.Live. A$AP."



A$AP Rocky is do for some growing up — asap. CONTRIBUTED

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Janelle Monae's music is out of this world

New music. The R&B singer pays tribute to a pair of little known female pioneers on her new album

CHRIS JORDON
Metro World News

Though rising R&B star Janelle Monae sometimes seems absorbed in a futuristic world of androids and clones, she pays homage in song to two real-life female groundbreakers on her brand new album, The Electric Lady: astronaut Sally Ride and actress Dorothy Dandridge.

"The Electric Lady are the ladies who are out there in this world and should be respected," Monae says.

Dandridge in 1954 was the first African American to be nominated for an Academy Award for best actress, for her role in Carmen Jones. Monae extols the virtues of the actress in the jazzy Dorothy Dandridge Eyes.

Respect given

"I thought it was important to pay homage to her."
Janelle Monae
Speaking about astronaut Sally Ride

Ride's service on the crew of the space shuttle Challenger in 1983 made her the first American woman in space. Monae's rock 'n' roll ballad Sally Ride on The Electric Lady is a funky space oddity.

"She was definitely working as an astronaut during a time when women were not being accepted; she was the minority," Monae says of the late Ride. "I thought it was important to pay homage to her and tell her story and also she was in a same-sex relationship for a while … and women who were in same sex relationships would definitely be fired or discriminated against because of their sexual orientation."

Recognizing this is all part of the Electric Lady concept.

Despite paying tribute to those who reached the stratosphere, Janelle Monae's work remains down to earth. GETTY IMAGES

Pop music. Jonas Brothers cancel tour due to creative differences

The Jonas Brothers have cancelled their tour. GETTY IMAGES

Just two days before the Jonas Brothers were set to start their tour, the boy band cancelled the engagement due to a "deep rift within the band," reports People Magazine.

"There was a big a disagreement over their music direction," spokesperson Jesse Derris said.

Apparently, Nick, Joe and Kevin argued about the direction of their band and music and decided to cancel the tour as a result. Disappointed fans will get their money back.

The rep told People the future "remains to be seen."

It sounds to us like this could be the road to a breakup. Recently, Nick, 21, and Joe, 24, have each released solo albums while eldest brother Kevin, 25, has a reality show on E! with his wife Danielle called Married to Jonas. Despite the time apart, the trio worked together this past year to produce singles Pom Poms and First Time. Another source told People the hiatus does not stem from the fact that Kevin is expecting a child, but is purely a result of "creative differences."

ANDREA PARK/MWN

Tunes for your turkey

SOUND CHECK
Alan Cross
scene@metronews.ca

Three tracks you may have missed whilst getting ready for the long weekend. Feel free to share them over Thanksgiving dinner.

When You Were Young (Calvin Harris Remix)/The Killers

Yes, the song is a decade old, but it's been remixed EDM style for the deluxe edition of The Killers's soon-to-be-released Direct Hits collection (Nov. 11).

Over My Dead Body/Manraze

A supergroup of sorts featuring Steve Jones of the Sex Pistols and, er, Phil Collen of Def Leppard.

Build Me Up Buttercup/ Highway Singalong

Some guy in L.A. gets people stuck in traffic to sing along with him and videos everything. Me? I'd run him off the road just on principle.

Mind the App

Bob Dylan Bootlegs

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

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A companion to Dylan's latest album, Another Self-Portrait, Bootlegs explores the hidden meanings, histories and influences of his rarest recordings using a timeline of videos, lyrics, sound waveforms and storytelling.

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Liquid Assets

Complement sweet endings

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Unless you're eating way outside the box, odds are you'll be having some turkey this Thanksgiving.

Even with the sides that join in on the celebration, the big bird and all its trimmings is a pretty accommodating wine partner. It loves a medium-bodied chardonnay or richer sauvignon blanc, or if you prefer red, a juicy Beaujolais from France or a lightly rustic Spanish Rioja.

When it comes to a liquid partner, today's feature recipe has two strikes against it: It's a dessert, and a blend of vegetable and spice that are both notorious wine killers.

Port, Portugal's fortified gift to the world, has the body and thickness of flavour to stand up to this mouthful of eclecticism, while offering a sweetness level that complements, rather than competes.

Taylor's First Estate Reserve Port ($16.45 to $22.99) is a lighter-bodied version with balanced tannins and a rolling, ripe-fruited core of plum and blackcurrant that will play well with this cheesecake's main components while adding a palate warming finish to your holiday feast. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

This recipe serves 12. ROSE REISMAN

Pumpkin Cheesecake steals turkey's shine

Thanksgiving. This dessert will make a beautiful centrepiece

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

If you want a delicious yet lighter dessert for Thanksgiving or the upcoming holiday season, this is the perfect cheesecake to complete your meal.

This can be made a couple of days in advance or frozen for up to six weeks.

1. Preheat oven to 350 F. Spray a 9-inch springform pan with vegetable spray

2. Crust: Combine all ingredients until mixture comes together. Pat over bottom of baking dish.

3. In the bowl of a large food processor purée all ingredients for filling until smooth. Pour over top crust.

4. Topping: Place sour cream in a small plastic baggie. Snip off the end corner of the bag. Carefully draw approximately 8 straight lines through the top of the cheesecake. With a pointed knife or toothpick gently pull a line through the lines to make the pattern in the photo on this page.

5. Bake the Pumpkin Cheesecake for 40 minutes just until centre is still slightly loose. Chill before serving.

Ingredients

Crust
- 1 1/2 cups graham cracker crumbs
- 2 tbsp sugar
- 2 tbsp vegetable oil
- 2 tbsp water
- 1/4 tsp ground cinnamon

Filling
- 1 lb light cream cheese cut into cubes
- 2 eggs
- 3/4 cup canned pumpkin purée
- 1/2 cup low fat sour cream
- 2/3 cup brown sugar
- 1/2 cup granulated sugar
- 1 tsp ground cinnamon
- 1/4 tsp ginger powder
- 3 tbsp all purpose flour

Topping
- 1/4 cup low fat sour cream

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Talking turkey

Feast. Some simple but essential tips for cooking the perfect bird

One of the most common mistakes people make when cooking a turkey for the first time is forgetting to remove the bag of giblets and neck that are tucked into the cavity of many birds when they're processed.

"I think that's one of the most common first-time turkey stories I've heard," says Emily Richards, a Guelph, Ont.-based professional home economist. "And it's something that some recipes might not include because (of the) assumption that if you've seen someone make a turkey, you know."

Richards rinses the giblets and neck and boils them in water while the big bird is cooking, then uses the liquid to make flavourful gravy.

"If you don't want to deal with the giblets, the utility turkeys tend to not have the giblet bags," she explains. "The tip of the wing might be snipped off or there might be a little puncture in the skin. There's absolutely nothing wrong with the turkey."

Another common error Richards points to is dry meat as a result of overcooking. The best remedy is to insert an instant-read thermometer in the thigh area where the dark meat is, being careful not to touch bone. If the bird starts to get dark on top before it's cooked, tent it with foil.

"I like cooking my turkey at 325 F (160 C) for the whole time, but there's other methods where you start at higher heat and then turn it down. In the end, I find I get a nice golden brown colour at that constant temperature," says Richards.

A fresh herb aficionado, Richards likes to rub the turkey skin with a bit of canola oil or butter or a combination and then rosemary and sage. Sometimes she'll brush the turkey with an orange glaze along with the herb rub.

"Putting a lemon or orange inside the cavity gives it a nice little citrus tone as well," she says.

You can also infuse it with a ginger flavour by placing slices of fresh ginger in the cavity if you're not stuffing the gobbler.

"Then there's people that enjoy the plain and simple as well — a little salt and pepper and oil or butter is always nice too."

Richards likes to experiment with side dishes and extend flavours from one dish to another.

"If I'm using a little bit of rosemary in my turkey, I like to try to let it appear in one of the side dishes that I'm having. If I'm doing something like a squash, I'll sauté some garlic and rosemary and toss it with maple syrup, so to me that's a nice marriage because now the rosemary is prevalent in the turkey but it's also coming out a little bit in the squash.

"Sage is obviously a popular one at Thanksgiving too."

THE CANADIAN PRESS

Removing the giblets is a must. ISTOCK

Thanksgiving drink

Turkey Caesar

- Fresh cracked salt and pepper
- 1 oz gin
- 2 dashes hot sauce
- 3 dashes Worcestershire sauce
- 1 oz cranberry juice
- 3 oz Mott's Clamato Original
- Garnish: turkey, cheese and cranberries on skewer, and rosemary sprig

Rim a highball glass with fresh cracked salt and pepper. Fill the glass with ice. Add ingredients in order listed above. Stir. Garnish. Be thankful and enjoy!

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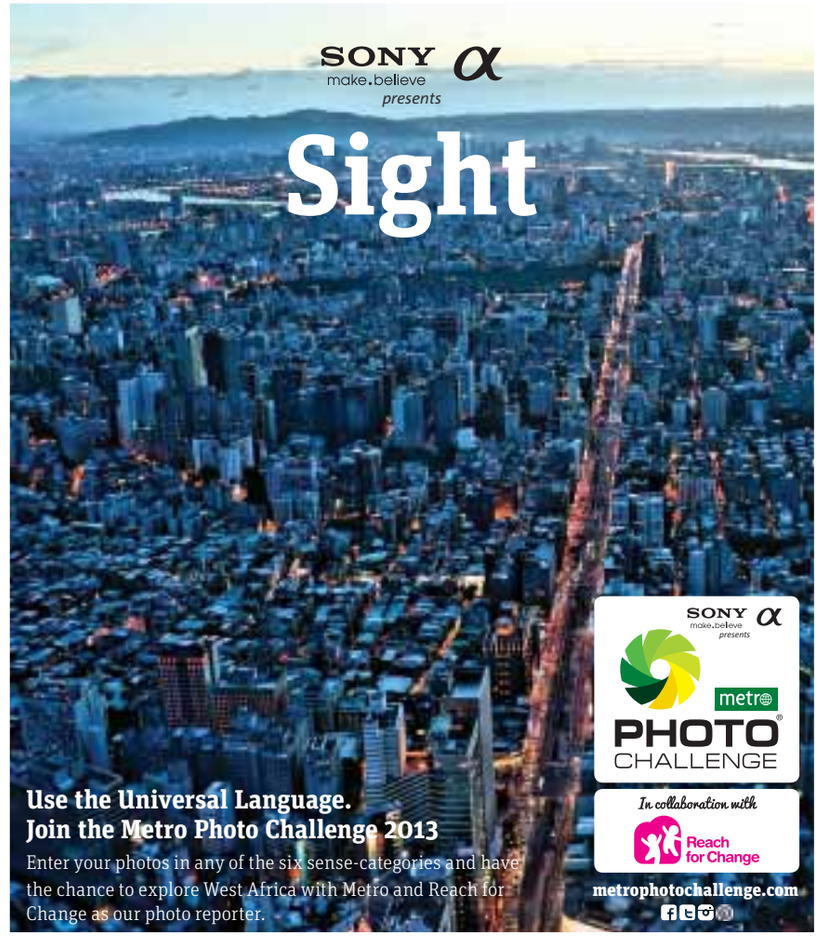

The New England Patriots will have a tough time trying to stop New Orleans Saints quarterback Drew Brees, left, and his favourite passing target Jimmy Graham on Sunday. CHRIS GRAYTHEN/GETTY IMAGES

Patriots' defence tasked with cooling down Brees

NFL. High-powered Saints represent New England's toughest test of season so far

Aqib Talib will be focused on Drew Brees.

The New Orleans quarterback likely won't be looking back at him, though.

"He's great at that. He'll never stare down a receiver and throw it straight to him," New England's cornerback said. "He's going to look you off on screens and everything. He's going to do a great job with his eyes."

So, while Brees' right arm is responsible for setting a slew of NFL records and leading a New Orleans renaissance, it's his eyes that have allowed that to happen.

The Patriots (4-1) will be prepared to defend against both weapons Sunday when Brees leads the Saints (5-0) into a showdown against the AFC East leaders.

"He does a great job of looking guys off and understanding what defence you're in," Patriots safety Steve Gregory said.

New England's defence this season has slowed some of the NFL's better quarterbacks, but the Saints' second-ranked passing offence is a different animal.

Brees is a seven-time Pro Bowl standout, and is on pace for his third straight 5,000-yard season. He has thrown for 1,722 yards — second only to Denver's Peyton Manning — with 12 touchdowns and four interceptions in guiding the Saints to their best start since 2009.

That's also the last time these two teams met, a game the Patriots probably would like to forget.

Brees carved up New England in a 38-17 win Nov. 30, 2009, throwing for 371 yards and five TDs while amassing a perfect 158.3 passer rating.

"They definitely play at a high tempo. They like to get up to the ball and get things going quickly so we'll have to be ready for that," Gregory said. THE ASSOCIATED PRESS

Yard chewer

593

Drew Brees' favourite target has been virtually unstoppable this season. Tight end Jimmy Graham has 37 receptions for a league-leading 593 yards and six touchdowns.

OHL

Knights light up Sting in Sarnia

The London Knights came to life about halfway into Thursday's road game against the Sarnia Sting, rallying for a 4-1 win.

Sarnia's Nickolas Latta opened the scoring at 9:26 of the first period, finding the back of the net on a power play.

London answered about eight minutes into the second when left winger Tait Seguin pushed one past Sting goalie Taylor Dupuis.

Christian Dvorak and Brady Austin — playing his first game with the Knights after being traded from Belleville — picked up the assists.

Centre Ryan Rupert tacked one on for the Knights less than two minutes after Seguin's shot. London's Dvorak and Brett Welychka scored two unanswered in the third.

Dvorak's goal was his third in three games. Seguin and Rupert marked their first goals on the season.

Goalie Anthony Stolarz was credited with 21 saves, earning the game's first star.

London faces the Belleville Bulls at 7:30 p.m. Friday at Budweiser Gardens. METRO

Anthony Stolarz was Thursday's first star in Sarnia. COURTESY OHL

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2015 Pan Am Games

Cyclist named chef de mission

Curt Harnett will be Canada's chef de mission when Toronto hosts the 2015 Pan American Games. Harnett is the only Canadian cyclist to win three Olympic medals, capturing silver in 1984, and then bronze at both the 1992 and 1996 Games.

THE CANADIAN PRESS

IndyCar

Franchitti released from hospital

Three-time Indianapolis 500 winner Dario Franchitti was released from hospital Thursday, four days after fracturing his spine and breaking his ankle in an IndyCar crash. He will be replaced by Alex Tagliani in the Oct. 19 season finale.

THE ASSOCIATED PRESS

MLB

"We're going to continue to keep that sail up on that boat and keep going."

Pittsburgh centre-fielder Andrew McCutchen after the Pirates were eliminated from the playoffs by the St. Louis Cardinals on Wednesday. It was the Pirates' first post-season appearance in 21 years.

Red Sox youngster feeling it at Fenway

MLB playoffs. Boston getting post-season runs from unlikely source

The Red Sox's Xander Bogaerts

GETTY IMAGES

To Red Sox teammate Jonny Gomes, it doesn't matter that Xander Bogaerts just turned 21 and had never appeared in a post-season game before this week.

"When you're between the lines, it hides your age," Gomes said. "It hides your draft status. It hides your contract."

Bogaerts walked twice and scored two runs in the Game 4 clincher against the Tampa Bay Rays on Tuesday, one night after he entered the game as a Boston pinch-runner and scored the game-tying run. In all, he has appeared in two games in the post-season, scoring three runs with a perfect on-base percentage: 1.000. All before his first official at-bat.

"I just went up there and tried to get on base," said Bogaerts, who turned 21 on Oct. 1.

A highly touted prospect, Bogaerts is a big reason the Red Sox were willing to part with Jose Iglesias in the deal that brought right-hander Jake Peavy to Boston.

THE ASSOCIATED PRESS

Online

The Red Sox will play the winner of Thursday night's Detroit vs. Oakland game. Go to metronews.ca for the results.

Sticking to the game plan

The Red Sox worked out at Fenway Park on Thursday on the second of three off-days before the start of the best-of-seven AL championship series.

- Manager John Farrell said he didn't expect any changes from the ALDS roster that included 14 hitters and 11 pitchers. Left-hander Felix Doubront, a starter in the regular season who did not pitch in the previous round, will again be available in long relief.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	4	3	1	0	13	10	6
Boston	2	2	0	0	7	2	4
Detroit	3	2	1	0	6	7	4
Tampa Bay	3	2	1	0	7	7	4
Ottawa	3	1	0	2	8	9	4
Montreal	3	1	2	0	9	8	2
Florida	3	1	2	0	5	11	2
Buffalo	4	0	3	1	4	10	1

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	3	3	0	0	12	3	6
NY Islanders	3	2	0	1	12	7	5
Carolina	3	1	1	1	6	9	3
New Jersey	4	0	1	3	9	15	3
Columbus	2	1	1	0	6	6	2
NY Rangers	3	1	2	0	6	14	2
Washington	3	1	2	0	10	12	2
Philadelphia	4	1	3	0	5	10	2

Thursday's results
Colorado at Boston
Columbus at Buffalo
Carolina at Washington
Phoenix at Detroit
Florida at Tampa Bay
Toronto at Nashville
Winnipeg at Minnesota
Montreal at Edmonton
NY Rangers at Anaheim
San Jose at Vancouver

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
St. Louis	3	3	0	0	14	4	6
Colorado	3	3	0	0	11	3	6
Winnipeg	3	2	1	0	12	10	4
Chicago	3	1	1	1	10	10	3
Dallas	2	1	1	0	4	5	2
Nashville	3	1	2	0	6	9	2
Minnesota	3	0	1	2	7	10	2

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	3	3	0	0	17	4	6
Vancouver	4	3	1	0	15	12	6
Calgary	4	2	0	2	15	15	6
Anaheim	3	2	1	0	8	11	4
Los Angeles	4	2	2	0	11	13	4
Phoenix	3	1	2	0	6	11	2
Edmonton	3	1	2	0	11	15	2

Note: Two points for a win, one point for overtime loss.

Wednesday's results
Calgary 3 Montreal 2
St. Louis 3 Chicago 2
Los Angeles 4 Ottawa 3 (OT)
Friday's games
All Times Eastern
Los Angeles at Carolina, 7 p.m.
Phoenix at Philadelphia, 7 p.m.
Pittsburgh at Florida, 7:30 p.m.
NY Islanders at Chicago, 8 p.m.
Dallas at Winnipeg, 8 p.m.
New Jersey at Calgary, 9 p.m.

MLB PLAYOFFS

A.L. DIVISION SERIES

(Best-of-5; x — played only if necessary)

BOSTON (1) VS. TAMPA BAY (6)

(Boston wins series 3-1)
Tuesday's result
Boston 3 Tampa Bay 1

OAKLAND (2) VS. DETROIT (3)

(Series tied 2-2)
Thursday's result
Detroit at Oakland
Tuesday's result
Detroit 8 Oakland 6

N.L. DIVISION SERIES

ST. LOUIS (1) VS. PITTSBURGH (4)

(St. Louis wins series 3-2)
Wednesday's result
St. Louis 6 Pittsburgh 1
Monday's result
St. Louis 2 Pittsburgh 1

ATLANTA (2) VS. L.A. DODGERS (3)

(Los Angeles Dodgers wins series 3-1)
Monday's result
L.A. Dodgers 4 Atlanta 3

CFL

WEEK 16

EAST

	GP	W	L	T	PF	PA	Pt
x-Toronto	14	9	5	0	407	370	18
x-Hamilton	14	7	7	0	360	383	14
Montreal	14	6	8	0	349	385	12
Winnipeg	14	2	12	0	279	459	4

WEST

	GP	W	L	T	PF	PA	Pt
x-Calgary	14	11	3	0	446	323	22
x-Saskatchewan	14	9	5	0	419	316	18
x-B.C.	14	9	5	0	395	350	18
Edmonton	14	3	11	0	340	409	6

x — clinched playoff berth.
Friday's game — All Times Eastern
B.C. at Calgary, 9 p.m.
Saturday's game
Edmonton at Saskatchewan, 4:30 p.m.
Monday, Oct. 14
Winnipeg at Montreal, 1 p.m.
Toronto vs. Hamilton (at Guelph), 4:30 p.m.

NFL

WEEK SIX

Thursday's result
N.Y. Giants at Chicago
Sunday's games — All Times Eastern
Detroit at Cleveland, 1 p.m.
Green Bay at Baltimore, 1 p.m.
St. Louis at Houston, 1 p.m.
Cincinnati at Buffalo, 1 p.m.
Pittsburgh at N.Y. Jets, 1 p.m.
Philadelphia at Tampa Bay, 1 p.m.
Carolina at Minnesota, 1 p.m.
Oakland at Kansas City, 1 p.m.
Tennessee at Seattle, 4:05 p.m.
Jacksonville at Denver, 4:05 p.m.
New Orleans at New England, 4:25 p.m.
Arizona at San Francisco, 4:25 p.m.
Washington at Dallas, 8:30 p.m.
Monday's game
Indianapolis at San Diego, 8:40 p.m.

MLS

Wednesday's results
Houston 0 Kansas City 0
Vancouver 4 Seattle 1
San Jose 1 Colorado 0
Saturday's games
New England at Montreal, 2:30 p.m.
Philadelphia at D.C., 7 p.m.
Chicago at FC Dallas, 8:30 p.m.
Sunday's game — Seattle at Portland, 9 p.m.

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Horoscopes

♈ Aries
March 21 - April 20
Why are you so angry? Whatever the reason, you need to get over it because if you don't it will spoil your weekend. You just tell yourself that who or what upset you isn't worth the trouble.

♉ Taurus
April 21 - May 21
You may find it difficult to get your own way today but maybe that's not a bad thing. Sometimes it pays to let other people take decisions for you and the planets suggest this could be one such occasion.

♊ Gemini
May 22 - June 21
Identify your priorities and focus on them to the exclusion of everything else. You may have plenty of physical and mental energy at your disposal, thanks to the Sun in Libra, but it will go fast if you waste it.

♋ Cancer
June 22 - July 23
Listen to your instincts and do what they tell you, even if it puts you at odds with people you work with. Best of all, do something a bit outrageous — it will get you talked about.

♌ Leo
July 24 - Aug. 23
Someone you are fond of will act in a manner that annoys you. Do you speak up about it? Only you can decide but remember, real friends are those who tell the unvarnished truth.

♍ Virgo
Aug. 24 - Sept. 23
If you come on too strong with someone today, your efforts could be self-defeating. Some respond to threats, others to flattery. Get them mixed up and you may get no response.

♎ Libra
Sept. 24 - Oct. 23
What seemed so important earlier in the week does not seem so important now and probably won't mean a thing to you over the weekend. That's good. What else is there in your life you can safely ignore?

♏ Scorpio
Oct. 24 - Nov. 22
Health, wealth and happiness can and will be yours between now and the start of next week. The right opportunities will arrive at the right time. All you have to do is take advantage.

♐ Sagittarius
Nov. 23 - Dec. 21
You may want to shut yourself away and avoid the world at large but if you do, you may miss out on a fun social event. It will be even more fun if you are there, so stop moping.

♑ Capricorn
Dec. 22 - Jan. 20
Opportunities for happiness and success are around you but you will miss them unless you raise your eyes for a moment from whatever mundane task it is you are lost in.

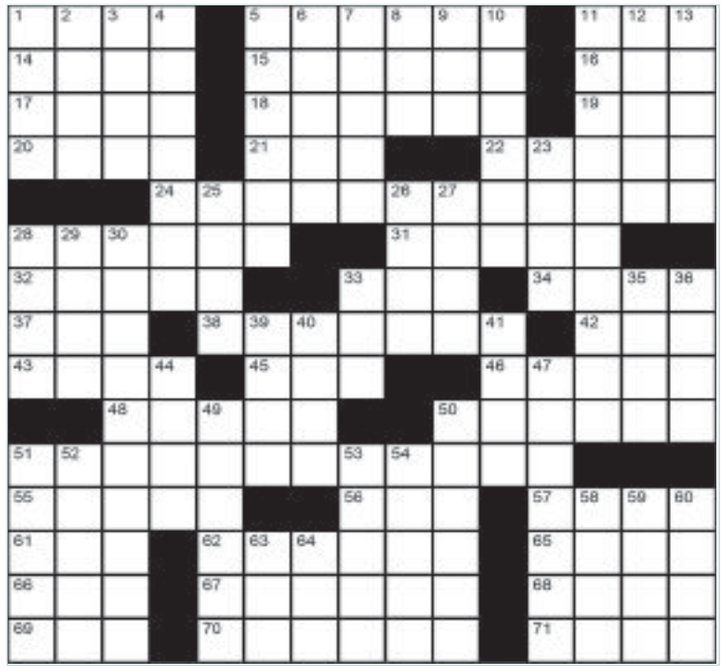
♒ Aquarius
Jan. 21 - Feb. 19
There will be major upheavals in your working life over the next few days but if you stay calm, you will come through unscathed. Not only that but you may find yourself moving swiftly up the ladder of success.

♓ Pisces
Feb. 20 - March 20
There are so opportunities coming your way and if you take advantage of even a few of them, you'll have a major breakthrough. Don't look back and wish you had been more adventurous. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

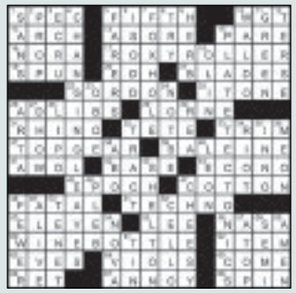
BY KELLY ANN BUCHANAN



Across
1. Pare
5. "Moves Like __" by Maroon 5
11. "Johnny B. Goode" singer ...his initials-sharers
14. Vagabond
15. Where to serve stir-fry veggies: 2 wds.
16. 'Motor' suffix
17. Colossal
18. Away-from-work break
19. Yea ...not
20. Raised flatland
21. Alien sitcom
22. "___ big deal really."
24. 'Furiosity' is the new album by this hard rocking Hamilton band: 2 wds.
28. __-cutting ceremony
31. Ingredient in pesto
32. The Koh-_-__ Diamond
33. Mr. Stiller
34. Yacks
37. Fido's foot
38. Vegan's meal choice for #51-Across, perhaps
42. Afternoon social
43. Director Mr. Lee's
45. Vienna's country, for short
46. Without _ __ (Quietly)
48. "You __" by Alanis Morissette
50. Pie parts
51. Fall feast
55. Prefix meaning 'Straight'
56. Funny magazine
57. Clean
61. Singer Ms. DiFranco
62. Fall, as a government
65. Voice variety
66. __-med student
67. Author: French
68. Foul food
69. "My dear fellow."
70. Gets less fresh, as bread
71. Hoopla

Down
1. Group for Van Morrison
2. Knot-maker's need
3. Nile wader
4. El __ Tavern (Famous Toronto music venue)
5. Classical music composer, __ Sebastian Bach
6. Indigo dyes
7. Surgical transplant
8. "Move along!"
9. Old French coin
10. Takes to one's seat again
11. Types of foreign government buildings in Ottawa
12. Mel of funny cartoon voices
13. Give the green-light: 2 wds.
23. Li'l math course
25. __ cloud, as per Astronomy
26. Celebrity hairstylist Jose
27. Grade
28. Daytime TV's Kelly
29. __ uproar: 2 wds.
30. Frigidly formidable formation in Banff National Park: 2 wds.
33. The Hollies hit: "__ Stop"
35. Red veggie
36. Drains
39. Voyageur's blades
40. Juno-winning composer, Vivian __
41. Scarf stuff
44. Put in the post
47. Village in Nova Scotia
49. Some large dogs
50. Apple drinks
51. Snares
52. Mr. 'Pocket Rocket' Richard, Hockey Hall of Famer
53. Urge forward
54. Appraise
58. Calista's defining TV role
59. Cease
60. Wish for
63. Trendy no more
64. Harper Valley, e.g.

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1		6	2	3		4	
2								6
		4				1		
6	4		1		8		7	2
				4				
1	8		9		7		3	4
		1				3		
5								9
	3		4	5	1		6	

Yesterday's Sudoku

9	6	2	1	4	5	8	7	3
1	5	3	8	2	7	4	6	9
4	8	7	6	3	9	5	2	1
2	7	9	5	8	6	3	1	4
6	3	8	4	7	1	2	9	5
5	4	1	3	9	2	6	8	7
7	9	5	2	6	3	1	4	8
8	1	6	9	5	4	7	3	2
3	2	4	7	1	8	9	5	6

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26 BH AR-ONE

STARCRAFT $33/week

RB 22 PIONEER

PIONEER $35/week

25 BH PIONEER

PIONEER $35/week

1950 RB 2013

WILDERNESS $38/week

278 BH AUTUMN RIDGE

STARCRAFT $38/week

TB 27 PIONEER

PIONEER $39/week

2250 BH 2013

WILDERNESS $41/week

25 BHS AR-ONE

STARCRAFT $41/week

BH 27 PIONEER

PIONEER $41/week

229 TB TRAVEL STAR

STARCRAFT $41/week

2175 RB

WILDERNESS $45/week

289 BHS Autumn Ridge

STARCRAFT $49/week

25 RKSS

North Trail $50/week

26 RLSS

North Trail $50/week

28 BRS

North Trail $50/week

DS 31 PIONEER

PIONEER $51/week

31 QBSS North Trail

North Trail $52/week

329 BHU Autumn Ridge

STARCRAFT $54/week

3150 DS 2013

North Trail $56/week

285 FB TRAVEL STAR

STARCRAFT $56/week

32 BUDS North Trail

North Trail $56/week

346 RESA Autumn Ridge

STARCRAFT $61/week

30 RKDD

North Trail $58/week

294 RESA TRAVEL STAR

STARCRAFT $63/week

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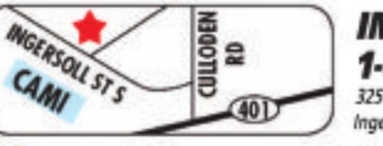

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